



October 2011

IT'S THAT SPOOKY, CREEPY TIME OF YEAR!

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Halloween, celebrated each year on October 31, is a mix of ancient Celtic practices, Catholic and Roman religious rituals and European folk traditions that blended together over time to create the holiday we know today.

Halloween is a time of celebration and superstition. It has long been thought of as a day when the dead can return to the earth, and ancient Celts would light bonfires and wear costumes to ward off these roaming ghosts.

In the 19th century, Halloween began to lose its religious connotation, becoming a more secular community-based children's holiday. Although the superstitions and beliefs surrounding Halloween may have evolved over the years, as the days grow shorter and the nights get colder, people can still look forward to parades, costumes and sweet treats to usher in the winter season.

At both Citizens and Montevue, residents and staff truly enjoy celebrating this haunted holiday. On page 3, you'll find dates for Halloween-related activities and events, including an evening when staff and families can bring their little ones in to Trick-or-Treat on the resident neighborhoods. We hope you'll help us celebrate this year!



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Please Help Us Save Paper & Money

Please help us out by allowing us to send issues of Family Ties to you via e-mail. We could save a lot of trees and postage and you'd get all the news you need delivered right to your inbox! Please e-mail mmweaver@frederickcountymd.gov or sfinnegan@frederickcountymd.gov so that we can have your address. Thank you!



Dear Residents, Staff,
Family and Friends,

As a mother, grandmother, registered nurse, and Administrator at Montevue, I'd like to tell

you about something that may be of benefit to many of you. Most people are not aware that immunities provided by certain vaccines may fade over time. Since vaccines and immunizations given to a person earlier in their life may become weakened or ineffective, some adults may become vulnerable to getting and spreading diseases that can be serious and sometimes fatal. Staying up-to-date on your recommended vaccinations, along with other activities such as eating right and exercising, are important factors in staying healthy.

We have known for some time that the Tdap vaccine protects against pertussis, tetanus, and diphtheria. Pertussis, or "whooping cough" as it is more commonly known, is a highly contagious respiratory tract infection. The best way to prevent it is through initial vaccinations and boosters, when appropriate. Tdap is recommended as a booster to the DtaP vaccine for people ages 11-64. The following people should make sure they are up to date with their Tdap immunization:

- Health care workers who are in direct contact with patients.
- Adults who are in contact with infants under 12 months
- New mothers who have never received Tdap

If you are in one of the above categories, I strongly encourage you to consider visiting your health care provider very soon to review your current immunization

Diane Grove

The Citizens' Auxiliary is hard at work, and by the time you're reading this, they will have held their final Country Ham Sandwich sale of 2011. This year, due to the uncertainties with scheduling for new building move-in, the annual Holiday Bazaar has been cancelled—but look for it to be back, bigger and better than ever, in November 2012!

The Auxiliary is always seeking new members, no matter how many or how few hours you have time to contribute. From serving as a clerk in the gift shop to helping with Monday afternoon Resident Bingo, from sending greetings to residents and members as part of the Sunshine Committee to chairing a committee, there is something for everyone. Auxiliary membership forms are located at the front desk at Citizens, and Montevue, or they can also be mailed or e-mailed to you. Please call the desk at (301) 600-1550 to have one sent to you. We would appreciate you and any help you can offer!



Many thanks to our wonderful Montevue Auxiliary for hosting a Hawaiian Picnic on September 14th—the residents had a great time!

Please consider joining either of our Auxiliaries

New members are ALWAYS welcome.

WE ARE THANKFUL FOR THE HARD WORK AND SUPPORT OF OUR AUXILIARIES!!

DO WE HAVE YOUR E-MAIL ADDRESS? CAN WE PLEASE HAVE IT?

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The members of the Frederick Seniors and Law Enforcement Together (SALT) Chapter recently donated hand-sewn pillows, blankets, and dolls for use by the residents at Citizens Care and Rehabilitation Center. "We have a lot of very talented sewers working on projects right now," said Judy Hallman, SALT Coordinator,

"and they wanted the residents at Citizens to be blessed and comforted by their creations." The donations will be distributed to residents at the nursing home who want a little bit of home-sewn love accompanying them during their daily routine. The pillows are helpful to wheelchair-bound residents to keep their arms and sides protected and the blankets will come in handy to add warmth as the seasons change. Pictured in the attached photograph, left to right, are: standing: Margie Weaver, Director of Marketing, Citizens Care & Rehabilitation Center and Montevue Assisted Living and Judy Hallman, SALT Coordinator. Seated: SALT participants Betty Baggett, Darlene King, and Doris Coblentz.

This monthly feature introduces you to some of the hard-working staff members behind the residents' care. Next month, you'll meet another dedicated Montevue staff member!



Meet Meda Day, Medical Records Supervisor. She has been a staple here at Citizens for over 20 years, first as a part-time GNA on the 11-7 shift and then later to become what was then called a "Ward Clerk" in 1997. In her current role, she is responsible for Unit Tech duties on Baker Park Blvd, supervising all of the other Unit Techs, and maintaining all medical records per regulatory guidelines.

Meda originally came into this field after a friend suggested that she might enjoy it. She immediately fell in love with working with what she calls an often "forgotten generation." She finds our residents to be innately interesting and loving. Her favorite part about her work is that she is able to interact with the residents, hearing about their lives, and being there for the residents, especially for those who have no other family to look out for them.

Meda lives in Walkersville, MD with her husband Rick. They have been married for almost 20 years, and have two daughters, Emily (18) and Sara (17). Meda is also the daughter of our extremely talented and crafty resident Juanita Stoner. When not working, she enjoys cooking, supporting Emily's instrumental music career at Towson University (go, Tigers!) and spending time with Sara as she pursues her love of photography.

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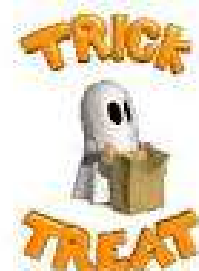
Upcoming Activities at

October!

Location Key:

M=Montevue

C=Citizens



10/27—7 pm

(M & C)



Parties/Dances

10/31 (M & C)

For a full calendar of resident activities, please stop by the Activities Department at either facility or call (301) 600-1550 to have it sent to you!



10/25 (M & C)



10/12 (C)

10/13 (M)



10/14 (M)

10/19 (C)



Map It! (Geography)

10/14 (C)



10/18 (C)



Leaf Peeping Rides!

10/20 & 24 (M)



10/6 (C)

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Introducing...



In order to enhance the quality of care at Citizens and make transitions from hospitals and assisted living facilities (including Montevue), and the community go more smoothly, we have hired a new Admissions Nurse Coordinator. Christine Kreitler, LPN. She began her tenure here on August 24th, and has quickly become an invaluable member of the Admissions/Marketing team.

Christine will spend the majority of her time at Frederick Memorial and other area hospitals, assisted living facilities, and other referring facilities/organizations. Among her chief responsibilities will be to visit with patients and families at those sites to answer any questions about skilled nursing care in general and, more specifically, receiving care at Citizens, communicating with discharge planners about referrals, and to ensure that we are ready for admissions at all times. She is an integral part of the nursing team. She insures that all appropriate paperwork is completed prior to admission and that the new resident's needs are met from the very beginning.

Christine has been an LPN for 24 years. In the past, she has worked in skilled nursing and assisted living communities. She finds working with seniors to be very rewarding and has truly enjoyed her career. Born and raised in Northern Virginia, Christine still resides in that area with her husband, two daughters (ages 19 and 21) and a 13-year-old son. In her spare time she enjoys reading, going for walks and spending time with her family.

Please welcome Christine to the Citizens/Montevue family!

Don't Forget to Get a Flu Shot This Year!

Residents have already received their flu shots, and staff have also been offered the opportunity for immunization. While we regret that we are not able to offer these important and sometimes life-saving vaccinations to our families and the community at large, you should see your doctor or visit a flu clinic in the area! The Frederick County Health Department offers flu shots—call (877) 419-3409 or visit <https://fchd.beta.emedischedule.com/> to schedule an appointment (appointments ARE required).



Montevue Labor Day Picnic at Linda's house 9/5/11

The longer I live the more beautiful life becomes.
~Frank Lloyd Wright

Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.
~Henry Ford

Beautiful young people are accidents of nature, But beautiful old people are works of art.
~Eleanor Roosevelt

To keep the heart unwrinkled, to be hopeful, kindly, cheerful, reverent that is to triumph over old age.
~Thomas B. Aldrich

Age is whatever you think it is. You are as old as you think you are.
~Muhammad Ali

You are never too old to set another goal or to dream a new dream.
~C.S. Lewis

And in the end, it's not the years in your life that count. It's the life in your years.
~Abraham Lincoln

Aging seems to be the only available way to live a long life.
-Daniel Francois Esprit Auber-

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**To our residents
celebrating their special
day in
OCTOBER**

Janice Garlitz,	10/5	Ruth Summers	10/8
Clara Sandberg	10/9	Joan Carpenter	10/11
Cledythe Stickney	10/11	Stephen English	10/15
Mary Hutton	10/16	Delores Warren	10/16
Minh Nguyet La	10/16	Horace Ricketts	10/20
Vivian Manis	10/21	Rodger Bowens	10/22
Helen Strickland	10/28	Charles Whisner	10/28
Mary Talamini 10/30			

Make a WISH!

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Montevue residents enjoy ice cream at South Mountain Creamery—9/16/2011



Citizens & Montevue Crab Picking Social
8/24/11

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The members of Chapter 142 of Frederick, MD Korean War Veterans Association voted recently to donate \$1200 to Citizens Care and Rehabilitation Center and Montevue Assisted Living to assist residents at the facilities who are Military Veterans live a higher quality of life. “We wanted to give back to our community members who have faithfully served our Country and may not have the funds available to treat themselves to special outings, regular niceties such as haircuts and other personal grooming services, or even membership in their local Service Organizations, such as ours,” said Bob Mount, coordinator of the project. This donation will allow resident military veterans to request funds to supplement their own personal income allowances, and should be operational by October. Pictured left to right, are: Wendell Murphy, Ken Davis, Charles “Chip” Chipley, Bob Mount (Secretary/Treasurer), Jen Potemra (Citizens’ Activities Director), Glenn Wienhoff (Commander), Marie Harps (Citizens Resident), Reggie Kephart, Tony Malavenda, and Dink Harrison (Montevue Resident and Korean War Vet).



If you have diabetes, you should have your feet checked by a physician at least once a year - more often if you have foot problems. Call or see your health care provider if you have cuts or breaks in the skin, or have an ingrown nail. Also, tell your health care provider if your foot changes color, shape, or just feels different (for example, becomes less sensitive or hurts). If you have corns or calluses, your health care provider can trim them for you. Your health care provider can also trim your toenails if you cannot do so safely. Because people with diabetes are more prone to foot problems, a foot care specialist may be on your health care team. There are many things you can do to keep your feet healthy:

- Take care of your diabetes. Work with your health care team to keep your blood glucose in your target range.
- Check your feet every day. Look at your bare feet for red spots, cuts, swelling, and blisters. If you cannot see the bottoms of your feet, use a mirror or ask someone for help.
- Be more active. Plan your physical activity program with your health team.
- Ask your doctor about Medicare coverage for special shoes.
- Wash your feet every day, and dry them carefully, especially between the toes.
- Keep your skin soft and smooth. Rub a thin coat of skin lotion over the tops and bottoms of your feet, but not between your toes. Read more about skin care.
- If you can see and reach your toenails, trim them when needed. Trim your toenails straight across and file the edges with an emery board or nail file.
- Wear shoes and socks at all times. Never walk barefoot. Wear comfortable shoes that fit well and protect your feet, and check inside your shoes before wearing them. Make sure the lining is smooth and there are no objects inside.
- Protect your feet from hot and cold. Wear shoes at the beach or on hot pavement. Test water for temperature before putting your feet in it just as you would before bathing a baby to avoid water that’s too hot. Never use hot water bottles, heating pads, or electric blankets because you can burn your feet without realizing it.
- Keep the blood flowing to your feet by putting your feet up when sitting. Wiggle your toes and move your ankles up and down for 5 minutes, two or three times a day. Don’t cross your legs for long periods of time. And don’t smoke!

reprinted from American Diabetes Association website/Daybreak Newsletter



Join Us!

Alzheimer's disease is the seventh-leading cause of death in the United States today. We at Citizens and Montevue have decided to get moving to stop it – and we're asking you to join us!

Our employee/resident/family/volunteer Team, Citizens & Montevue Marchers, will be participating in the 2011 Alzheimer's Association Walk to End Alzheimer's™, the nation's largest event to raise awareness and funds to fight Alzheimer's disease. By joining our team, which will walk in Frederick on Sunday, October 23 at the Maryland School for the Deaf, you can help end this epidemic and show your support for the 5.3 million individuals currently living with the disease. We had teams participate in this special work for many consecutive years, and are excited to be walking again in 2011.

The Alzheimer's Association is the largest voluntary health organization in Alzheimer care, support and research, and the funds we raise will go directly toward supporting their efforts.

There are two ways you can help:

- 1) Join our team! To register, please pick up a walker's packet at the front desk at Citizens or Montevue. You then need to register on-line at:

http://walktoendalz.kintera.org/frederick/citizens_montevue

Follow the prompts to register – it's that easy!
- 2) Support our residents who are walking/rolling toward a cure every day in the facilities. The rehabilitation and nursing staff are helping them to travel, one foot at a time, toward a cure. You can purchase an Alzheimer's "flower" at the front desk for any donation amount you choose and designate which resident neighborhood you wish to support – Appalachian Ave, Baker Park Blvd, Catoctin Ct, or DeerWood Dr. The neighborhood whose residents travel the farthest between now and the date of the walk will win a prize.

Thank you for helping – together, we are making a difference!

alz.org | alzheimer's association®

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During the month of September, we said a final goodbye to several residents. They will be terribly missed by their friends, caregivers, and families.

We will remember them fondly .

Clare Bohnenstiel

Paul Foley

Gale Morningstar

Marie Rivera

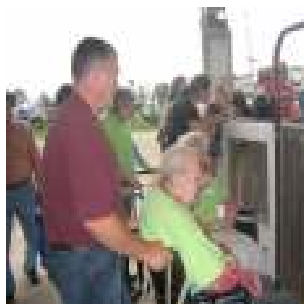
Curt Schanz

Dorothy Wiles



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The Great Frederick Fair is one of the oldest agricultural fairs in the state of Maryland, and dates back to 1822 when it was known as the Cattle Show and Fair. The 44 acre site becomes its own city within a city and draws close to 250,000 people each year. Along with some 18,000 exhibits, featuring everything from flower arrangements to gigantic pumpkins, The Great Frederick Fair boasts live entertainment, tractor pulls, carnival rides, animal exhibits, educational activities, contests, and lots of mouth watering food that is enjoyed by all!! Several Montevue and Citizens Residents enjoyed their day at the fair!!



White Boards Help With Scheduling



The Rehabilitation Department is hard at work to insure that our residents have the highest possible quality of life, mobility, and function. In order to help prioritize the important work of the therapy team, white boards have been posted in the rooms of residents that receives therapy services under Medicare guidelines. This board reflects the names of the therapy staff members that are to work with the resident and what time he/she can be expected that day.

We recognize that our residents have a variety of obligations which keep them busy throughout the day, such as mealtimes, activities, medical and grooming appointments, and visits from family and friends. While each of these are important to a resident's well-being, it is the therapy services, when provided to someone here for a skilled nursing stay, that enable their care to be covered by Medicare and/or private insurances. Therefore, it is critical that residents are up, dressed, and prepared to work with the therapists when they are scheduled.

If you have any questions about your or your loved one's therapies, please do not hesitate to call (301) 600-1550 or stop into the therapy department. Also, don't for-